



### **ND Disability Health Project**

The ND Disability Health Project will promote the health and wellness of ND citizens with disabilities, and prevent or lessen the effects of secondary conditions associated with disabilities.

For alternative formats call  
800.233.1737

ND Disability Health Project 138  
ND Center for Persons with Disabilities  
Minot State University  
500 University Avenue West  
Minot, ND 58707

## **October is Breast Cancer Awareness Month**



This message brought to you by the  
North Dakota Disability  
Health Project



## **Women with disabilities have the same needs as women without disabilities.**

### **Tips for Providers:**

- Address accessibility accommodations both prior to and during the appointment.
- Be respectful of feelings, opinions and decisions.
- Always use people first language.
- Seek training and instruction as needed to provide adaptive services.
- Communication is very important and may involve the use of interpreters, assistive technology or rewording questions and explanations.
- Ask the person with a disability how she would prefer to receive assistance and services.
- Encourage questions.
- Additional time may be needed for the exam.

Women with disabilities may include women with mobility limitations, those who are deaf or hearing impaired, those who are blind or visually impaired, and those with developmental disabilities.

## **Breast Health for Women with Disabilities**



**Women with mobility limitations** use various techniques for breast self exams and may have particular mammography needs that may include having to lower the mammography machine to a sitting position.

**Women who are deaf or hearing impaired** may want information on breast health in written form or in sign language.

**Women who are blind or visually impaired** may want information on breast health in Braille or on audio cassette.

**Women with developmental disabilities** may need extra time scheduled for an exam to make sure the information presented is clearly understood.



Portions of this brochure were adapted from the New Mexico Department of Health-Office of Disability and Health.

The following web resources have health care information for women with disabilities.

**Breast Health Access for Women with Disabilities**  
[www.bhawd.org](http://www.bhawd.org)

**Breast Health for Women with Disabilities Project**  
[www.wind.uwyo.edu/breasthealth](http://www.wind.uwyo.edu/breasthealth)

**Center for Research on Women with Disabilities**  
[www.bcm.edu/crowd/](http://www.bcm.edu/crowd/)

**National Women's Health Information Center**  
[www.womenshealth.gov/wwd/](http://www.womenshealth.gov/wwd/)

**The Adaptive MammaCare Personal Learning System**  
[www.mammacare.com](http://www.mammacare.com)

**For more information regarding the  
ND Disability Health Project call**

**701.858.3580  
800.233.1737**

The information provided through the ND Disability Health Project is intended for educational purposes and should not be used for diagnosing or treating a health problem or a disease. The ND Disability Health Project is funded by the Centers for Disease Control and Prevention (CDC) through a grant (1 u59 DD000278-01) to the ND Center for Persons with Disabilities at Minot State University. Opinions expressed here do not necessarily reflect the official policy of the CDC.